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Going to See Culture Together 2021

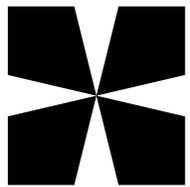
Celebrating a decade of
friendships, creativity and
wellbeing

10 years

40 venues

100 outings

250 participants



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Going to See Culture Together
is a monthly event encouraging
older adults in Brighton & Hove
to explore cultural and creative
activities around the city.



Going To See Culture Together uses the arts as a starting point for forging new friendships at a time in life when many feel marginalised and socially isolated. The sessions introduce participants to new interests and encourage them to explore the city, supporting them to keep active, continue learning and create connections in older age.

Established in 2011 and led by Jonathan Quarterman, over the past ten years Going To See Culture Together has provided over 100 outings to more than 250 residents aged 60 and over. Participants have visited over 40 venues in Brighton and Sussex and enjoyed a broad range of activities including visits to theatres, galleries, museums, cinemas and heritage sites, as well as workshops and talks.

Going To See Culture Together is a much-loved and deeply valued programme. Over the past ten years we have seen first-hand the remarkable difference it has made to participants' lives.

25

Celebrating
25 years
1996 – 2021

Forging Friendships



Acute loneliness has been estimated to affect 13% of older people in Brighton & Hove.¹ In a city which is largely perceived as young, it can be surprisingly easy for older adults to be left feeling isolated and marginalised.

Going To See Culture Together enables older adults to widen their social networks. It uses the arts to create memorable shared experiences and provide a starting point for conversations over a cup of tea after each visit, fostering friendships and creating opportunities for connection. Since it began in 2011, the project has delivered 1 session each month, providing a much-needed regular offer for older adults in the city and creating a supportive community which participants can rely on. Many are regular attenders, and the social aspect of the group is a key factor in participating.

¹ Public Health Annual Report, Brighton & Hove City Council, 2017

“These outings have become very important to my quality of life as a retired person who lives alone. They have raised my spirits overall and made me feel more part of a community”

Keep Active

Exploring the City Together



Over half of those aged 65 and over in Brighton & Hove find their day to day activities limited by long term health problems or disability, while nearly a quarter are affected by income deprivation.² Forced to stay at home for lengthy periods of time, these factors negatively impact older people's health - with strong evidence suggesting that those who are active in later life have a lower risk of heart disease, stroke, type 2 diabetes and dementia.

Going To See Culture Together supports older people to access cultural and creative experiences they might otherwise not be able to participate in: Fabrica has provided transport, refreshments, makes sure all events are free or low cost and resolves any access issues with the venues. Many have visited venues they would have previously felt unable to access, and over time, have gained confidence in revisiting these places independently.

“Going To See Culture Together has sent out an inspiring lifeline to those of us in the Brighton community who probably would not have normally ventured into many of these experiences alone.”

✦ Take Notice

Seeing the World Through the Arts

Going To See Culture Together encourages older people to take notice of the world around them through art and culture. Drawing on cultural and creative experiences it encourages participants to be curious, look more closely and appreciate things in greater detail, supporting them to be more present in the moment.

Stressors that are more common in later life, like reduced mobility, chronic pain and bereavement, cause approximately 14,450 older people in Brighton & Hove to suffer from a recognised mental health problem.³

Encouraging participants to focus on the present and be more mindful enhances well-being, helping to alleviate negative thinking patterns. Reflecting on experiences during group conversations opens up new ways of seeing and helps participants appreciate what matters to them, strengthening self-awareness and alleviating

³ Mental Health Services for Older People Commissioning Strategy, Brighton & Hove City Council, 2009



Keep Learning

Trying Something New



Going to See Culture Together encourages participants to discover new places, develop new interests, and try something new. Continued learning through life has been shown to be particularly beneficial in alleviating age related conditions like dementia, which affects 4.3% of Brighton & Hove residents over the age of 60⁴.

“It is mind expanding to attend a cultural event with an experienced facilitator with whom you can discuss it afterwards. It was a large and varied group of people so it was a stimulating and thought provoking conversation.”

Going To See Culture Together creates an encouraging and supportive environment where participants can be culturally inquisitive and take part in stimulating conversations, learning from each other's experiences. Activities are chosen by the group, empowering participants to shape their own learning and support each others.

Keep Learning

“I think one of the successes has been raising awareness of opportunities and experiences that may not have been on people’s radar. With this knowledge people have become more culturally mobile and independent. Some going on to volunteer at places of personal interest.”

 Jonathan Quarterman, Facilitator,
Going To See Culture Together



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“Over the years we have offered the group curator-led tours of exhibitions. We love to be able to engage with our audiences in a more in-depth way, inviting Elders into the Museum, engaging in dialogue and live feedback.”



Susan Eskdale, Lead for Community Engagement, Royal Pavilion & Museums

Going To See Culture Together has, over the years, become an important and integral part of our programme. Its participant-led, person-centered and inclusive approach has attracted a regular following and built meaningful and long-standing relationships between participants and with Fabrica staff.

It has helped us better understand our older audiences, embrace new ways of working and influenced the way we connect with other groups. Working with regular partners such as The Royal Pavilion and Brighton & Hove Museums, Going To See Culture Together has helped develop a more diverse audience for arts organisations in the city.

Most importantly, working with the group has achieved our idea that the role arts organisations like ours have to play bringing our communities together to live more

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Credits

All quotes: Going To See Culture Together participants, 2011 - 2021

Acknowledgements

A warm thank you to all the participants over the years, who have helped make it what it is today.

A very special thank you to Jonathan Quarterman, who has facilitated Going To See Culture Together for the past ten years.

And to Clare Hankinson, Fabrica's Audience Development Manager who has overseen the development of the project since 2010..

With thanks to our supporters:

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Arts Council England, The Chalk Cliff Trust, The Chapman Charitable Trust and The Worshipful Company of Grocers.

All of Going To See Culture Together's host venues and contributors over the years.

And our individual supporters whose donations make programmes like these possible.